ROBERT MONROE'S LEGACY

By John Fancis

Faber, VA – My first moments at the Monroe Institute were like stepping into a pleasurable fantasy film. I heard that one woman there was suddenly able to see people's illnesses by just looking at their bodies. Then I heard that Robert Monroe's deceased wife had come in spirit form to get Monroe two weeks before he himself died. "She was seen by the people here who can see that sort of thing," a past participant said. They agreed that it was very romantic. Robert and Nancy had gone on somewhere to prepare the way for us, I was told.

And I must admit, I felt from the first few days of listening to the coveted audio-tapes at the Institute that I was on my way home too. With welcomed relief, I realized I had found a way to cross over to the other side of the veil where we know many spirits have gone but where we have no proof of their existence. It's the place of angels and saints and possibly greater contact with God. Miracles come from there. When I closed the drape that darkened my little cubicle and lay back with my headset on, I set out on a rocket ship ride I was delighted to be on. One inner experience after another quickly showed me that I had definitely tapped some source of wisdom beyond.

So, while my spirit went to work, my body slept comfortably at this splendid Virginia place of peace, beauty and safety, kindness and respect. In the quiet heart of the Institute I went deeper into relaxation than ever before. And I'd been practicing meditation many years. Hearing your body snoring is such a pleasant awakening reminder that you and your body are not the same guy. On Gateway at the first week-long program, I felt new openings in my head and body as new energies came dancing into my head. Those sensations got deeper and wider as the days went by so that after a time my body often became so relaxed that I received no messages from it. I forgot that my body and all its pain was there. For me, this was impressive in itself, for since childhood I've had constant incredible pain throughout my body due to many serious accidents and broken bones. What I did before was suffer. What I do now is listen to the Monroe tapes, a lot.

Robert Monroe

Then with my body resting safely in Faber, Virginia, my spirit went searching for freedom. Luckily for me, the steps to this freedom have been thoroughly traveled by Robert Monroe. His books: *Journeys Out Of The Body*, *Far Journeys*, and *Ultimate Journey*, tell it all. His programs take you there. They lift you one step at a time. He calls the progressive consciousness states focus levels. Focuses 1-10 begin the relaxation process of the body, mind, and emotions. On Focus 12 you begin to know, as Monroe says, "you are more than your physical body."

I was delighted to find that the experience at each level was everything they promised and more. On the first week, in deep bliss, I asked the universe how to get rid of the controlling nature that got transferred to me from my parents. I received answers stunning in their depth of usefulness to me now. Some answers weren't immediately clear, but became so. For Example, on Focus 12 I got the picture of me as my ten year old self crawling on the ground in my baseball uniform. I wondered what that meant. Then a quick series of pictures flashed by of beatings I got from my father on some of my most important baseball days, starting at age six. Then I saw more baseball injuries and bad experiences that followed as I grew up, which made anything later connected with baseball reduce me to a blathering idiot. On later tapes in Focus 10 and 12 I relived those traumas, laughed about them, yelled about them, and lost huge chunks of charge from them. Separated incidents soon became apparent patterns. Connected patterns began to solve prior unsolvable puzzles. Hope emerged. My whole life has been about me trying to direct the perfect baseball game with me playing all the positions while simultaneously not wanting to play at all. And after I left the Monroe Institute and returned to California, that baseball loving 10 year old self

of mine came jumping back into my personality. I felt excitement in my whole body and a zest for life.

Things I learned in my two weeks at the Institute about my need to control my environment are now giving me freedom to let go. I'm getting a little looser in formerly stressful situations, and I'm rebounding quicker.

Also, fears that caused me to withdraw are being seen as humorous as I find I have a knack of embracing them and of observing my emotions more clearly. I'm not needing to act out of them as robotically as before.

Mr. Monroe's latest book relates how he received advanced help from both this side and the other to consistently take people to higher states of awareness through the use of audio tapes. Using low-frequency tones on the tapes, he introduced synchronized brain waves into the right and left hemispheres. One of the benefits of this was that it set up greater communication between the mind and the involuntary nervous system. And also, it opened the doors to expansion into other realities.

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Physically, the Monroe Institute consists of four lodge-like buildings in Faber, Virginia where it overlooks its own 800 plus acres of beautiful trees, valleys and a private lake. It was there I joined twenty-four others for the Gateway program and sixteen others for the Lifeline program. Starting from scratch on this land, Bob and his wife, Nancy Penn Monroe, developed a delightful core environment for the Hemi-Sync (hemispheric synchronization) experience to blossom and send its roots and pollen into the wide universe. An estimated 500,000 are listening to the tapes, with 10,000 having done the programs.

Looking into the endless literature on the Hemi-Sync phenomena, I was engrossed with one moving success story after another. The benefits in the areas of stress reduction, mental health, and learning disabilities are especially exciting.

Many of the media have made their way to the Institute's doors, as seen in impressive articles by the New Age Journal, The Wall Street Journal, Mother Earth News, New Frontier Magazine, Omni Magazine, Dimensions Magazine, and now New Perspectives.

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Early research at the Institute found that the effects of sound on human consciousness have been known for thousands of years. Sound and music were used by the Chinese, Indian, Islamic, and Hebrew cultures as well as the Egyptians and Greeks to induce altered states of consciousness for both religious practice and psychological and physical enhancement. They say Pythagoras prescribed certain sounds to clear the mind and to inspire people, and he used other sounds to soothe and relax, and still others to cure ailments of the body and spirit. As far back as 1956 Robert Monroe was working with sound to study the possibility of learning during sleep. While using himself for testing, Mr. Monroe began in 1958 to have unusual experiences which led to an unexpected occurance. While sleeping, he looked down and saw a man in his bed who turned out happily to be himself.

A super businessman listed in *Who's Who in America*, Robert Monroe immediately took it upon himself to finance looking further into what his research team first termed "out of body experiences" or O.B.E.'s. His engineering degree at Ohio State, plus two years of pre-med training were just the preparation he needed for his newest endeavor, balancing the brain's hemispheres by introducing synchronized tones into both ears.

Over the years Monroe earned enormous respect for his scientific methods and creative research. He attracted curious geniuses, excited senior scientists, documented his findings, and started a ground breaking exploration into the powers of mind, soon going beyond the limits of matter, space, time and doubt. Caringly and patiently he and his researchers mapped out the brain. Monroe never lacked for volunteers to be studied while they listened to the developing tapes.

Bob and Nancy personally developed the programs at the Institute. Though both have passed on recently, the research and the programs still go on with family members keeping the enterprise on course. At the helm now are Bob's daughter, Laurie, and Nancy's son A.J. Nancy's daughter, Penny, was my trainer on Gateway.

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The Gateway program goes up to Focus 21. And Lifeline takes you on to Focus 27. On Focus 15 you

reach a state where the time factor is no longer of importance to you. When you enter Focus 21 you're in Delta sleep, but you're fully "awake" and consciously supervising the action as you explore more deeply your personal self and the far reaches of other realities. The state of consciousness Focus 23 takes you to is inhabited by humans who have recently exited physical existence and have not adapted to that sudden change. They aren't attached to their physical bodies any more and either don't know it or won't acknowledge it. Many religious and metaphysical writers have mentioned this zone with the lost souls in it. This limbo zone becomes very real to people taking the Monroe Institute programs because on Focus 23 participants often experience seeing and/or hearing these recently passed on folks and they in return often see or are aware of us. Conversations are common. Since Gateway just goes up to Focus 21, it only happened to a few of us, who accidentally reached 23. But on Lifeline, which goes up to Focus 27, nearly every one of us experienced this convincing connection in some way. To me this means life is continuous. We do not fall off the end of the world at death. And what I can gather from the many stories at the Institute, including some episodes of my own, unless we die unexpectedly, preparations have usually been made on the other side to receive us and we are met by family, friends, or angelic types.

After leaving 23, another slightly different set of frequencies guide us on to Focus 25. This is the area of the belief system territories where those who have exited the physical realm are residing in a familiar belief system, similar to what they had on earth. I was amazed to learn that the beings settling there usually aren't aware of the existence of the persons on the levels above theirs.

Early on in his O.O.B. travels, Bob Monroe discovered the Rest Station, a place on the other side set up to ease the trauma and shock of the transition out of physical reality and to allow newcomers to assess

The Monroe Institute

their options for their next steps in growth and development. It is believed to have been built eons ago by advanced beings. Seeing it was a neat place, Mr. Monroe developed Focus 27 so he could bring others like us up to this area, also called the Reception Center, Way Station, or Park. In the introduction to the Going Home audio-tape series, which Elizabeth Kubler-Ross helped Robert Monroe design for the terminally ill, she mentions that she herself visited the Rest Area through the use of the Focus 27 frequencies. She happily spoke of her Gateway and Lifeline experiences in lectures afterwards, and in the book made from those lectures, *Death Is Of Vital Importance*.

Until a few months ago, Focus 27 was the highest level, but now a new Monroe program takes participants up to Focuses 34 and 35. This area past 27 is definitely a new frontier, only reached before from this side by long-term meditators and saints. On a trip of my own, I surprised one guy up there who was dressed in robes in a palatial setting with oriental carpets and columns. Slightly irked but highly respectful towards me, he said, "I didn't invite you here." So, slightly disappointed, but highly respectful towards him, I popped back out again. The word is that beings in these higher realms are now becoming more used to Monroe Institute people popping in.

It appears that people having sudden or confused deaths need aware beings from this side to convince them that they are in fact deceased. These recent arrivals need to turn their attention to their new situation and its possibilities or else they stay stuck on Focus 23. Even when taken by the hand, some only make it to Focus 25 where they find comfortable belief systems and don't wish to look further. Others are led up to 27 where they get the bigger picture.

Taking part in this type of retrieval on Lifeline, several of my fellow participants were able to make verbal and visual contact with the deceased persons and successfully took them on up to Focus 27 and there turned them over to others who assisted them.

A fellow participant on Lifeline kept getting Ron Goldman coming to her on different tape sessions that had her going deeply into Focus 23. The first time Ron came to her he was extremely agitated. But his agitation was not for his own condition; he was very worried that his father would react badly to a not-

guilty verdict. Ron eventually gave the woman a few verifiable clues concerning the court case for her to give to his father. We'd get together after listening to the same tapes in our little cubicles and share our experiences. Each morning, noon and afternoon sharing session, she would be surprised and somewhat uncomfortable with new information to tell us on Ron's latest contact with her. At one point, she and her guide took Ron on to Focus 25 where he was met by his childhood Rabbi and together they discussed Ron's best possibilities. Then, in her words, "In the last communication, my guide, the Rabbi and Ron met me in Focus 25 and said that Ron was ready to go on to 27. My guide, Ron, and I went to the Park. As per our suggestion earlier for his comfort, Ron was now appearing as a boy of about 9 or 10. He thanked me very formally as a child to an adult. He carried a ball as we left and he went off bouncing the ball down the walk. He got a short way down the walk, turned and gave me one last message for his father and went happily on down the path." The message contained the special name of the friend he was going off to play with, who I figure must be passed away also, like Ron and the Rabbi. This is something Ron's father could verify.

I had one definite, clear out of body trip in my Monroe Institute experience. Deep into relaxation, I may have dozed off when I loudly heard a man's voice saying, "Shake it! Come on shake it!" With my eyes still closed, I looked and saw what seemed to be a person standing behind a veil of some sort, like seeing the negative of a black and white photo. He was white surrounded by black or vice versa. I could see him moving. I didn't know what I was supposed to do, but I willed myself to shake it, whatever "it" was. And then suddenly I felt myself lifting like a six inch wide ocean wave right out through my forehead. All my awareness, all my sensations went. Then I was standing in this long darkened room with this man who smiled casually at me. I felt totally myself, just like I would anywhere normally. He was dressed in an open bathrobe with a khaki T-shirt, khaki boxer shorts, and slippers. Looking around, I said without thinking, "This looks like a warehouse."

The man laughed and turned away and then bent down toward what looked, through the darkness, like a fireplace. The thought suddenly struck me that this man looked like a young Robert Monroe. Having called his living room or bedroom a warehouse, I was embarrassed, shy and suddenly felt myself leaving. The next second, I awoke in my own bed, thoroughly excited and disappointed. I wished I could have stayed longer and I wished I could remember how I'd gotten there, wherever "there" was.

Now, I sense that there are invisible people in this room with me here in California that want me to admit that they are helping me to write this article. I say, at most, they are just cheering me on to be imaginative. They say that is plenty. They, I suppose, are my guides. I believe this has a logical explanation. Because I have been listening to the tapes often lately, I'm beginning to reach states of quieted mind that were the norm in my sleeping chamber at the Institute. It seems, when I attain those quiet states of mind, I am more open to making connections with the spiritual universe.